

Jigsaw

Programme Content

Early Bird Plus is a free 10-week Parenting programme for parents/carers of young people aged 10+ who have been diagnosed with autism. It is a follow-up to Early Bird and Early Bird Plus and helps parents to support their young people as they enter secondary school and their teenage years.

Access Pathway

Jigsaw is delivered by the Autism Outreach Team and families can be referred into a programme following a diagnosis of autism by:

- Their doctor
- The Child Development Unit
- A speech and language therapist
- The Autism Outreach Team.

Next Steps for Parents

After completing a Jigsaw programme, parents/carers can progress to:

- Another Parenting programme, if they would like support with their other children/young people who do not have autism
- Family Learning or adult learning. For information about current provision, contact Family, Adult and Community Learning on (0191) 561 2620
- A community activity. Search the directory to find one <http://www.familiesinfoservice.com/findaservice.html>
- Volunteering. For details of the training package and induction available to local parents/carers, contact your local Children's Centre.